

Dear Parents,

We have seen many resources for adults on how to pray during this crisis of COVID-19. We believe there is power in children praying. They also have fears and worries, and we need to take them into account. That is why this guide will help your children take an active role in praying to God during this time of world crisis. Every week we will be sharing a prayer focus for you to pray with your children. They will not only pray for themselves, but also for the world, especially the lost. We hope God may bring your family closer to Him and to each other in this season.



God hears you!

We can all be confident and sure that God hears our prayers. Talk this verse over with your children. What is God's promise for us? How does it make you feel to know that God hears your prayers?

And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.

1 John 5: 14-15

This virus has made many of us worry. Some of us worry about food, work, not seeing our families again. Talk about what worries and fears your children may have about the virus together. Have them each write down/draw their worries on different sheets of paper (1 per fear). Parents can also write down their fears. Listen to each one's worries.

*You can use scrap paper for this activity



Bible Reading

Let's read what Jesus tells us about our worries in Matthew 6: 25-34

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Discuss



- What is Jesus telling us not to do? Why?
- What should we do instead?
- What can you do every time you worry?

After reading this passage each one will roll up their worries' papers up into a ball and throw it into the dustbin. Pray over these fears as a family, and hand them over to Jesus.

You can make a game of this: Who can shoot all their fears into the dustbin? Draw a line to mark where they should throw the papers from. As you each throw your worries, you can thank God for His care towards us.



Challenge

Think of a friend, family member or neighbour with whom you can share what you learned. Encourage them to trust in God and not to worry.

Pray!

Remember times, where God has cared for you as a family. Pray this prayer:

Dear Father, thank you that you care for us. Thank you that you love us more than the sparrows and the flowers in the field. I give you my worries and fears. Help me to trust you and to rest in You. Amen

For more information contact: childrenministry.afr@om.org

